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NEWS WORTH SHARING.

Ford jonesin' for J.C., critics hold their hallelujahs

Toronto mayor says he's had a 'come to Jesus moment,' vows to turn life around PAGE 6

Freak storm drowns island of Sardinia

At least 16 people are dead after rains felled bridges and swept away cars PAGE 9

Paris' coolest quarter: Call it culture central

The district of Marais boasts an astounding collection of cheese shops, galleries, markets ... PAGE 20

CREDIT CARD, SCHMEDIT SCHMARD

IN WHICH THE DANIMAL'S DUCK-LIPPED, VODKA-SWILLING WIFE MAKES HER DEBUT PAGE 12

YOUNG MEN AND THE SEA

Frank Wolf pulls the Arctic Joule ashore during a journey through the Northwest Passage this past summer with three companions. The adventurers are sharing their experience at a talk next week in North Vancouver. Story, page 4. CONTRIBUTED

Carbon-trust cash should be going to schools: VSB chair

2014 budget. Province has chosen to store $37-million surplus in its own coffers

The chair of the Vancouver School Board has accused the provincial government of pilfering classrooms to balance its budget.

Patti Bacchus told Metro she is appalled the Liberal government has decided to roll the Pacific Carbon Trust's $37.1-million surplus into its general revenues after announcing the unpopular agency has been dismantled.

Although the Pacific Carbon Trust is gone, Bill Bennett, the minister responsible for the government's Core Review, said its functions will be delivered by government to save an estimated $5.6 million a year.

The trust was established in 2009 to make B.C. carbon neutral, with public institutions having to pay for carbon offsets.

It's been riddled with controversy after reports that funds taken from public schools were effectively being used to subsidize private corporations' energy-efficiency upgrades.

Now Bacchus is criticizing the government for using the defunct trust's sizable surplus for its 2014 budget, rather than reinvesting the money in schools.

"That is shocking," she said. "They're taking money away from children to balance their budget."

The government introduced changes to the trust to alleviate concerns, allowing institutions to apply for grants to make energy-efficient upgrades.

But Bacchus said her school board only received about $100,000 in grants this year, despite paying $450,000 into the trust.

"That's still not a good deal," she said. "We all want to get to carbon neutrality. But we could be using those funds to make important energy upgrades and save money."

Spencer Chandra Herbert, NDP MLA for Vancouver-West End, said having the government handle carbon offsets doesn't fix the trust's inherent issues.

"The name is gone but it doesn't fix the problem," he said. "Money is being pulled from health care and schools to subsidize more efficient hot tubs for hotels."

The government said it will be able to carry out the trust's duties with a five-person staff — down from 18.

MATT KIELTYKA/METRO

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A man hikes through the flooded streets of Calgary in June. ROBSON FLETCHER/METRO FILE

Disaster response team urgently needs cash

Emergency. Vancouver HUSAR lauded for work during Calgary flood — before fire chief says it may be forced into 'downsizing'

A lack of federal funding for Vancouver's special-ops team that helped Calgary battle a devastating flood this summer could force the squad to sell equipment and cut staff and training as early as next year, city council heard on Tuesday.

The bittersweet disaster management update by the Heavy Urban Search and Rescue (HUSAR) team started on a high note, with officials lauding the successes of June's deployment to Calgary. By the time the Vancouver team arrived with canine search units, rescue equipment and listening devices, the Bow and Elbow rivers had both spilled their banks. Underground parkades six storeys deep were flooded to street level. Twenty bridges were out and 50 bus routes cancelled. Calgary had been without power for 12 days, 110,000 residents had been evacuated and Alberta's own HUSAR rescuers were nearing exhaustion, council heard.

Axed funding

McKearney said the B.C. Government recently committed $200,000 to the Vancouver-based squad for the 2013 fiscal year, but that all four of Canada's HUSAR teams were still out $400,000 apiece, money that disappeared when the Harper government axed funding for the Joint Emergency Preparedness Program last April.

"Not only were they overwhelmed with the number of assignments they had, but they were dog tired. They were basically worked off their feet and had no one to fill in for them," said Jim Young, the team's assistant chief of emergency planning. "We basically were running the operations for about 48 hours until they got some rest and rehab and were able to come back."

This was the first ever instance of two HUSAR forces coming together for a domestic disaster and council heard it worked very well, although delegates recommended a memorandum of understanding between the two cities on emergency-response deployment to help minimize the inefficiencies of back-and-forth politicking.

Mayor Gregor Robertson thanked and congratulated the crew for an "extraordinary contribution at a time of great need" and handshakes and photos followed, but outside the council chamber, the mood was decidedly grim.

"By the end of 2014, we'll have to let go leases, we'll have to start not replacing certain equipment and downsizing," said Vancouver fire chief John McKearney. "Once it starts to recede, there goes the national approach."

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Adventurers find Arctic dangerous, endangered

Blitz through the Northwest Passage.

Team returns to tell their harrowing tale

KATE WEBB
kate.webb@metronews.ca

Four Vancouver adventurers who this summer attempted to become the first group to row all the way through the Northwest Passage in a single season are inviting the public to a presentation next Tuesday about their dangerous Arctic expedition.

Their battle against wind, storms and sea ice came to a premature end in late August when they realized they didn't have enough time left to complete the 3,000-km journey.

But Paul Gleeson, Kevin Vallely, Frank Wolf and Denis Barnett came away with something more important to them: An understanding of how the Arctic is being transformed.

They visited with First Nations and other northern residents, and Vallely said every single person told them how profoundly climate change is affecting their life.

"Everyone would tell us they're seeing new animals, how the ice is thinner now, how they're too scared to travel on the ice, how winter is a month later," he said, noting that they themselves spotted a beaver in the Arctic Ocean, far north of its normal range.

"They would tell us how the graveyard in Tuktoyaktuk is melting into the ocean, how they're seeing grasshoppers and beavers and how the grizzly bears are coming further north, and they're seeing wolverines further north. It goes on and on."

The group had a scary encounter of their own with a grizzly bear that spotted their boat from the shore and began wading out toward them. Thankfully, it turned back.

Another hairy moment came when Vallely — one of Canada's most accomplished adventurers — awoke to discover an iceberg crashing against the boat.

"This huge piece of ice, half the size of a city block, I suppose, had found us, somehow, under anchor in this storm … and it was pushing right over us," he said. "Had I not woken up, we wouldn't have woken up. We would have been underneath this thing."

They got out of that one by cutting off their anchor, which left them in a bit of a predicament until they reached the town of Pauletuk.

Gleeson, a corporate performance coach in his regular life, said despite great teamwork, the 1,900-kilometre, 55-day expedition was grueling.

"It was always very hard to keep things dry," he said. "You just get used to being somewhat cold and a little miserable."

Hear for yourself

Their full presentation on the expedition, with the boat on display and live music, will be at Centennial Theatre in North Vancouver on Nov. 26 at 7:30 p.m.

- Tickets are $18.50 and available at centennial-theatre.com.

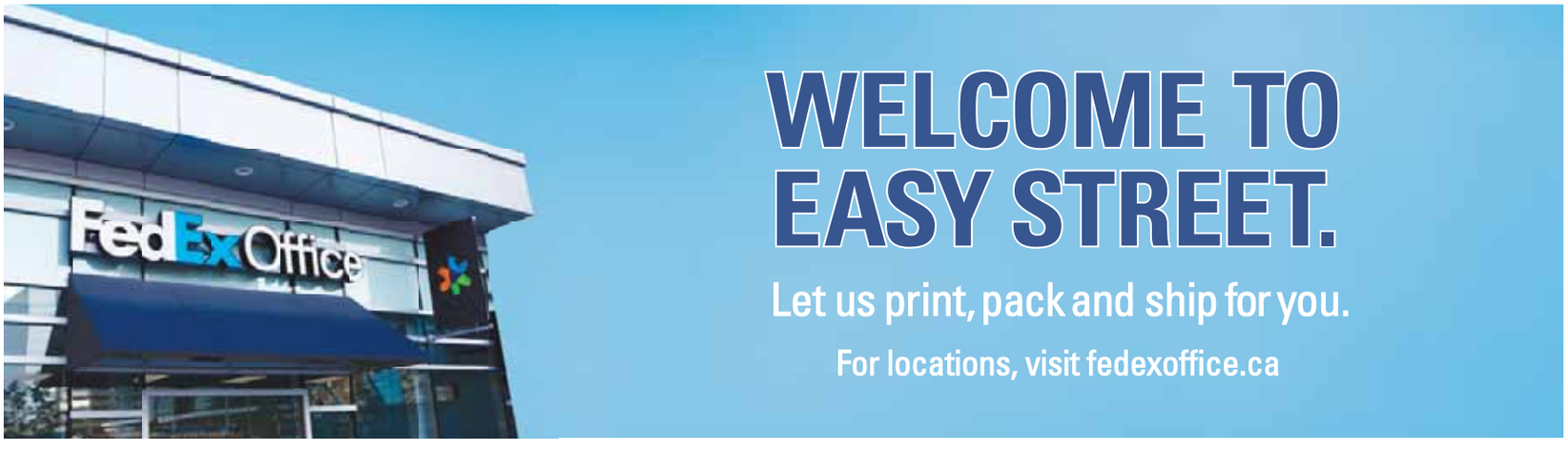
Brush with icy death

"This huge piece of ice, half the size of a city block, I suppose, had found us … and it was pushing right over us. Had I not woken up, we wouldn't have woken up."

Adventurer Kevin Vallely

Paul Gleeson rows into Tuktoyaktuk in the Northwest Passage during a 55-day expedition. CONTRIBUTED

A musk ox, one of the Arctic animals the group encountered during their attempt to row through the Northwest Passage this summer. CONTRIBUTED



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Mayor Ford finds Jesus, Kenney finds his voice

Toronto to Ottawa. Rob Ford says he's thrown out the booze, top Tory says mayor has shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He become the first federal cabinet minister to call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said.

"I wish he had taken a leave of absence some time ago to go and deal with his personal problems.

"But not having done that, I personally think he should step aside and stop dragging the city of Toronto through this terrible embarrassment."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

On Monday, councillors slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

Ford admitted earlier this month to having smoked crack roughly a year ago.

But a newly released police document alleges a video appearing to show the mayor smoking crack cocaine was shot earlier this year.

"The video was filmed surreptitiously in the month of February 2013 of the mayor without his knowledge," reads the document.

THE CANADIAN PRESS

Back on the job (what's left of it): Rob Ford arrives at Toronto City Hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Sun News pulls plug

Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that the show is over. The cancellation came after one of the sponsors, Canadian Tire, withdrew its support.

The move followed a flurry of criticism on Twitter — some vowed to boycott the chain.

TORSTAR/THE CANADIAN PRESS

Scandal in OR

Guilty: Sedated women molested

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught, who was called a "sexual opportunist" by the Crown, had pleaded not guilty to sexually assaulting each of the women.

Some of Doodnaught's victims were in the packed Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

THE CANADIAN PRESS

Murder-suicide bid?

Senator stabbed, son shot dead

A U.S. state senator was stabbed Tuesday in his head and chest at his home, and his son died at the residence from a gunshot wound, police said.

A Virginia police spokesperson wouldn't say who stabbed R. Creigh Deeds or how his son was shot. "We're leaning towards it being an attempted murder-suicide," Corrine Geller said.

Deeds was able to walk away from his home to a nearby road in rural western Virginia, and a cousin who was driving by happened to spot the senator, police said.

Inside the senator's home in Millboro, authorities found Deeds' 24-year-old son, Gus, suffering from a gunshot wound.

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Russian probe

Faulty flying blamed for plane crash that killed 50

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then overcompensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation experts. All 50 people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees civil flights in much of the former Soviet Union, said the plane's engines and other systems were working fine until the moment the plane crashed Sunday night.

The plane struck the ground going about 450 kilometres per hour, the report said.

THE ASSOCIATED PRESS

Saudi Arabia

College takes heat for men-only campus

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10 community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850 in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or $25 million, over the next five years.

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Suicide bomb attack kills 23 in Beirut

Lebanese people gather at the scene of two explosions near the Iranian Embassy in Beirut on Tuesday. BILAL HUSSEIN/THE ASSOCIATED PRESS

Sectarianism. Tensions between Lebanese Sunnis, who largely back Syrian rebellion, and Shiites, who tend to support Assad, flare up in bloodshed

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attaché, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon.

An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

The mid-morning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

A Lebanese security official said the first suicide attacker was on a motorcycle that carried two kilograms of explosives. He blew himself up at the large black main gate of the Iranian mission, damaging the three-storey facility, the official said.

Less than two minutes later, a second suicide attacker driving a car rigged with 50 kilograms of explosives struck about 10 metres away, the official said. He spoke to The Associated Press on condition of anonymity in line with regulations.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

THE ASSOCIATED PRESS

Typhoon. Officials still looking for 17 Canadians missing in Philippines

Foreign Affairs officials are still trying to track down 17 Canadians who remain unaccounted for in the typhoon-ravaged Philippines. But they say they still have no reports of any Canadians killed or injured in the disaster.

They say locating people is becoming easier as communications are restored.

Meanwhile, the Canadian Forces are shipping a third helicopter and another water purification unit to the Disaster Assistance Response Team, or DART, operating on the island of Panay.

THE CANADIAN PRESS

Aid contributions

International Development Minister Christian Paradis clarified that the $15 million in aid announced Monday was the government's contribution to match donations by Canadians totalling $19.6 million so far for Filipino relief.

Greenpeace protest

Canadian granted bail in Russia

Canadian Paul Ruzycki of Port Colborne, Ont., who was among 30 arrested during a protest in September, has been granted bail by a Russian court.

The Primorsky court in St. Petersburg set bail at two million rubles ($61,500 US) each for seven Greenpeace activists granted bail Tuesday.

The court said they will be released if the bail is paid within the next four days. The court did not say whether the seven could leave Russia while on bail.

THE ASSOCIATED PRESS

'Apocalyptic' storm floods Sardinia, kills at least 16

Residents ignored evacuation orders. Civil protection chief says system signalled highest level of risk

A truck and a bus are stranded by floodwaters in a tunnel near Olbia, Italy, in this photo taken on Monday. Sardinia was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm. MASSIMO LOCCI/THE ASSOCIATED PRESS

The Mediterranean island of Sardinia, prized by the jet-set for its white sand beaches and crystal-clear seas, was a flood-ravaged mud bath Tuesday after a freak torrential rainstorm killed at least 16 people, downed bridges and swept away cars.

The island, which draws royals, entrepreneurs and ordinary tourists alike during the dry, peak summer months, received more than 44 centimetres of rain in 24 hours Monday — half the amount it normally receives in a year, officials said.

Transport was hampered by rivers of cocoa-coloured mud gushing over roads that forced the closure of several major thoroughfares, including a tunnel into the city of Olbia, according to the Anas company that runs Italy's roads and highways.

Olbia Mayor Gianni Giovannelli said the city had been destroyed by the "apocalyptic" storm, with bridges felled and water levels reaching three metres in some places. He described the ferocity of the storm's rains as a "water bomb."

Local newspaper L'Unione Sarda said a policeman escorting an ambulance died when the car he was travelling in was submerged after a bridge collapsed in Dorgali. In hard-hit Gallura, three people died after their car was swept away in the collapse of another bridge, the paper said.

THE ASSOCIATED PRESS

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Campus crime

Student slashed in attempted robbery at UBC

A student is recovering after being slashed during an attempted robbery at the University of British Columbia early Tuesday morning.

The student, an 18-year-old male, was returning to his residence in the 2500 block of West Mall after 4 a.m. when he was confronted by a man armed with a knife and demanding money.

The student ran away, but was slashed several times in the back and shoulders during the escape. He is expected to make a full recovery.

The attacker is described as a white male with a graying beard and short grey hair.

He was wearing a light coloured hoodie and black sweat pants.

"This is a despicable act of violence that has occurred in a community which is already on high alert and sensitive to other recent attacks on students," said RCMP Sgt. Drew Grainger in a statement. "We again urge all students, staff and other residents on campus to be constantly vigilant."

Mounties have ruled out a link between this attempted robbery and a string of sexual attacks on campus over the last six months. Anyone with information is asked to contact police. MATT KIELTYKA/METRO

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The Cellar jazz club closing its doors

One of the best. Downbeat Magazine has listed The Cellar as among the world's 100 greatest jazz clubs for the past several years

KATE WEBB
kate.webb@metronews.ca

Juno award-nominated saxophonist Cory Weeds plays at his jazz club, The Cellar, at 3611 West Broadway St. COURTESY STEVE MYNETT

Vancouver's only full-time jazz club, The Cellar, is closing its doors at the end of February so the owner can take a lot more than five to reassess the future of his business.

Juno award-winning jazz producer and nominated saxophonist Cory Weeds said the current location at 3611 West Broadway St. isn't working because it's so far from downtown, and also has a tendency to flood.

"We live in a city that rains a lot and we had some flooding issues when it rained," he said. "Those flooding issues had the potential to become much worse and cause us many problems."

The Cellar is one of only a few dedicated jazz clubs left in Canada, following the closures in the past decade of the famous Montreal Bistro, the two Rossini's locations in Vancouver, and Toronto's Top 'o the Senator, which only recently reopened as the Jazz Bistro.

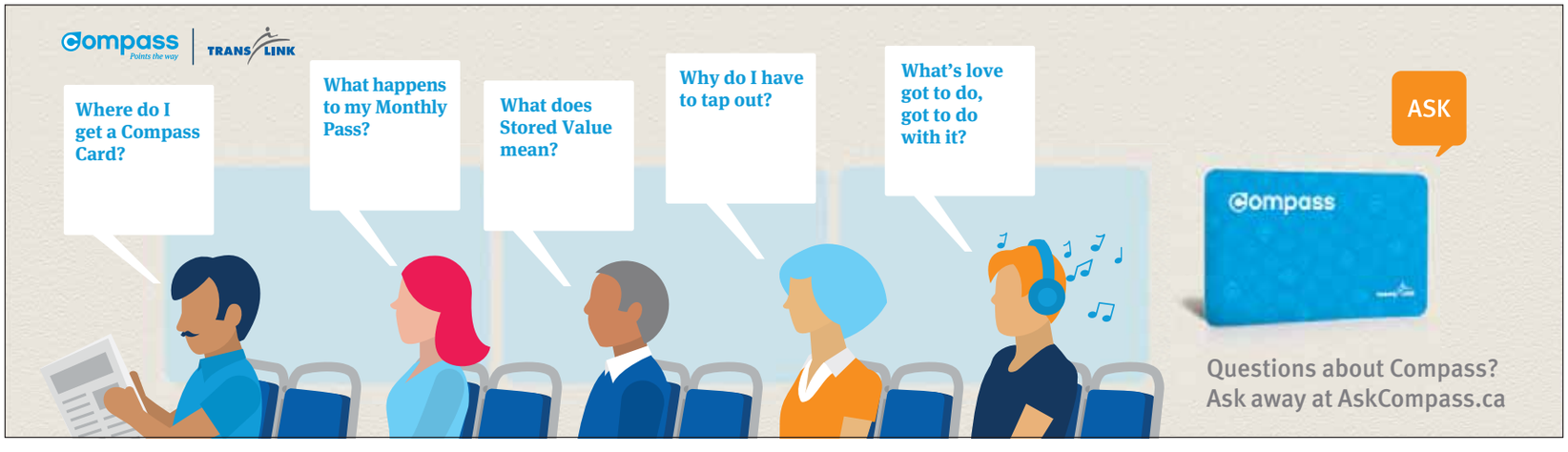
Downbeat Magazine has listed The Cellar as among the world's 100 greatest jazz clubs for the past several years.

Brian Fraser, founder of Jazzthink, a company that uses jazz as a metaphor for team building, has been going about once a month since it opened.

"I think The Cellar is crucial," he said, noting that several local jazz education programs use the venue as a training ground for young talent.

But Weeds has no intention of giving his business up, he's just thinking about finding a business partner to run the restaurant so he can concentrate on what he loves and does best: The music.

"It's going to be the first time in 13 years I'm going to be able to think and to act calmly and slowly and patiently," he said of his upcoming March break. "I'm not going to be acting out of desperation. I'm going to be acting out of careful thought and a whole process."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B.C. man finds kidney donor on Facebook

Battle won. The successful transplant makes Campbell only the second person in B.C. to find an organ donor via social media

Two weeks ago, the title of Kevin Campbell's Facebook page changed from "Kevin Needs a Kidney" to "Kevin Got a Kidney."

For nearly 20 years, Campbell has battled IgA nephropathy, also known as Berger's disease. He was living in Spain with his family, but returned to Vancouver Island three years ago for dialysis treatment.

When he arrived, he was told he could wait 12 years for a donor kidney.

Not content to wait, Campbell, 50, started a social media campaign to find a donor. He also partnered with the Because I Can project — which advocates for opt-out organ donation in Canada — and completed a Tough Mudder competition to raise awareness.

Eventually, Campbell's story reached Darin Grunberg of Edmonton, the spouse of Campbell's distant cousin, who agreed to be a donor. Grunberg flew out to Vancouver for the transplant surgery on Nov. 4.

"How do you thank someone for that?" Campbell asked. "It's heroic."

The successful transplant makes Campbell only the second person in B.C. to find an organ donor via social media. LUKE SIMCOE/METRO VICTORIA

Kevin Campbell, left, poses with Darin Grunberg of Edmonton, who donated one of his kidneys to Campbell on Nov. 4. FACEBOOK

'Think twice'

Victoria woman scammed out of $88K by online lover

Police in Victoria have issued a public warning after a woman was bilked out of nearly $90,000 in an online dating scam.

The victim was a woman in her 60s, police said. She entered into an online relationship with the scammer and sent a total of $88,000 to them before becoming suspicious.

Const. Mike Russell of the VicPD said many "red flags" were raised over the course of the relationship, and the victim failed to heed the advice of banking staff who advised her not to send the cash.

"We're hoping that people will think twice before sending any cash or agreeing to any payment options that may seem even a bit suspicious. When in doubt, talk to someone you trust," said Det. Mike Johnston of VicPD's financial crimes division.

Russell said a trace of the funds show they went through Malaysia and into Nigeria.

LUKE SIMCOE/METRO VICTORIA

Traffic. Highway 1 blocked for hours after fatal ultralight crash

The body of an ultralight pilot was removed from the scene of a Monday afternoon crash in the Fraser Valley, but the aftereffects of the crash continued to snarl commuter traffic east of Vancouver well into Tuesday.

A search complicated by rain and darkness meant rescuers did not find the crash site until about 9 p.m. Monday night, about five hours after the small aircraft clipped power lines and went down in a rain soaked field after taking off from the Abbotsford, B.C., airport on a flight to Maple Ridge.

The crash had damaged a major transmission line and tower, forcing closure of nearby Highway 1.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 13

metronews.ca/temp

Sick daze

In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

• Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.

• Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO

ISTOCK

Woe befalls Walmart

Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. THE ASSOCIATED PRESS

Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permanente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital ..."

"Seriously?"

"I may be aging gracelessly, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...

Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM

Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

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It's either pipeline or more oil by rail: Exec

A 'tragedy'. Company on track to transport more of the commodity by railway if Keystone XL project is turned down

A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7.
PAUL CHIASSON/THE CANADIAN PRESS

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

By the end of 2015, Pourbaix said rail loading capacity in Alberta is expected to double to 800,000 barrels per day — almost as much as the long-stalled Keystone XL pipeline would carry south of the border.

At the same time, Pourbaix said U.S. Gulf Coast rail unloading capacity is expected to exceed 900,000 barrels per day.

THE CANADIAN PRESS

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, oil producers have been turning to rail.

- Scrutiny over the safety of that mode of transport has intensified after a series of high-profile events. Most notably, a train laden with oil crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

Random biz fact of the day

46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role.
CAREERBUILDER

Market Minute

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JUST SAYIN'

Paul Sullivan
metronews.ca

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in extended, coma-inducing couch sessions, and "olinguito," the cute, little, previously unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies, 'cause I was, like, bored, when I came across a program about the olinguito, which, was, like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather-elbow-patched jackets monitor the world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

ZOOM

Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a $45 lens from an old camera to capture the beautiful shapes of snowflakes.

As Kljatov's images show, no two snowflakes are alike, and atmospheric factors give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity. METRO

COURTESY ALEXEY KLJATOV

Photog's viewpoint

"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall." Alexey Kljatov

Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.

A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FLICKR

Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a mightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk.(bigfreedia.com)

Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.

Twitter

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@CHFIErin: Anything but "adorbs". It's just "ridic".

@Xenojay: At least it's not "duckface"? #Selfie #WordOfTheYear #HumansAreTerrible

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Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC
scene@metronews.ca

Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the frontman of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

Aftermath: Owens' fan-to-frontman story inspired the Mark Wahlberg movie Rock Star.

David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

Aftermath: "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."

ALL PHOTOS GETTY IMAGES

J.D. Fortune

After hearing guitarist Tim Farriss tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

Aftermath: INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

Aftermath: Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.

Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

Aftermath: Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.

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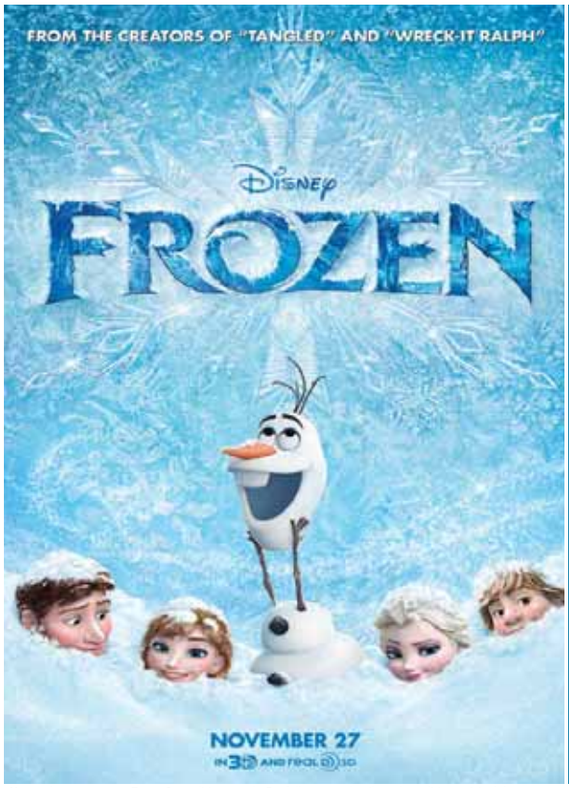

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Stanley Tucci — the odds seem ever in his favour

Catching hire. Hunger Games actor finds success in a diverse number of Hollywood roles.

IN FOCUS
Richard Crouse
scene@metronews.ca

Stanley Tucci plays Caesar Flickerman in The Hunger Games films. CONTRIBUTED

Is Stanley Tucci the busiest actor in Hollywood? This year alone added five movies to his IMDB page with five more in the pipeline for 2014.

This weekend in Hunger Games: Catching Fire, he plays Caesar Flickerman, the elaborately coiffured host of The Hunger Games television broadcasts. Despite being disguised with wild wigs, fake teeth and plenty of bronzer, it is unmistakably Tucci, one of the most interesting actors working today.

He made his big screen debut in the 1985 gangster comedy Prizzi's Honor followed by several years of dues-paying stage work and movie roles like Second Dock Worker in Who's That Girl before landing recurring spots on Miami Vice and Wiseguy.

A succession of supporting roles lead to the one-two punch that made him a name actor. Producer Steven Bochco's television drama Murder One cast Tucci as Richard Cross, a Machiavellian multi-millionaire accused of the strangulation of a 15-year-old girl.

The following year a much different part earned him an Independent Spirit Award nomination for best actor. In The Big Night he plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made — you'll want to go for risotto afterward — but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Since then Tucci has played everything from villains — strangling a Supreme Court justice in The Pelican Brief — to a flamboyant nightclub manager in Burlesque, to the God of wine Dyonisius in Percy Jackson: Sea of Monsters to Puck in A Midsummer Night's Dream. Opposite just Meryl Streep alone he's played everything from a gay art director in The Devil Wears Prada to Julia Child's loving diplomat husband Paul in Julie & Julia.

In 2010 he received his first (but probably not last) Oscar nomination for his work in The Lovely Bones. He played the murderous Mr. Harvey, all twitchy movements and squeaky voice; he was Norman Bates without the overbearing mom.

"I don't like to watch things about serial killers or kids getting hurt," he said, "but this was something beyond that. It was an exploration of loss and hope."

Fandemonium

Seven hundred fans of the popular book trilogy spent the weekend camped out on the concrete in front of L.A. Live plaza.

- They were rewarded with games, celebrity meetings and tickets to Monday's premiere of The Hunger Games: Catching Fire.
- Fan camp participants won their spots in an online lottery. The camp began Saturday morning, when fans were split into "districts," echoing a tenet from the books. They were responsible for their own tents and sleeping gear, but Lionsgate, which also hosted a fan camp for the first "Hunger Games" film, provided diversions such as cast visits and contests.
- Fans brought their own hand-made posters, and many carried copies of the second book in the series by Suzanne Collins.
- Director Francis Lawrence and star Josh Hutcherson were among the stars who dropped by during the two-and-a-half-day campout.

Brittany Murphy. ALL PHOTOS GETTY IMAGES

Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly strange and appear increasingly gaunt. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed.To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him.

DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The dictionary people just want to be friends with celebrities

MELINDA TAUB
Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.

Justin Bieber

Seems the Biebs' now-public confidentiality agreement is for real

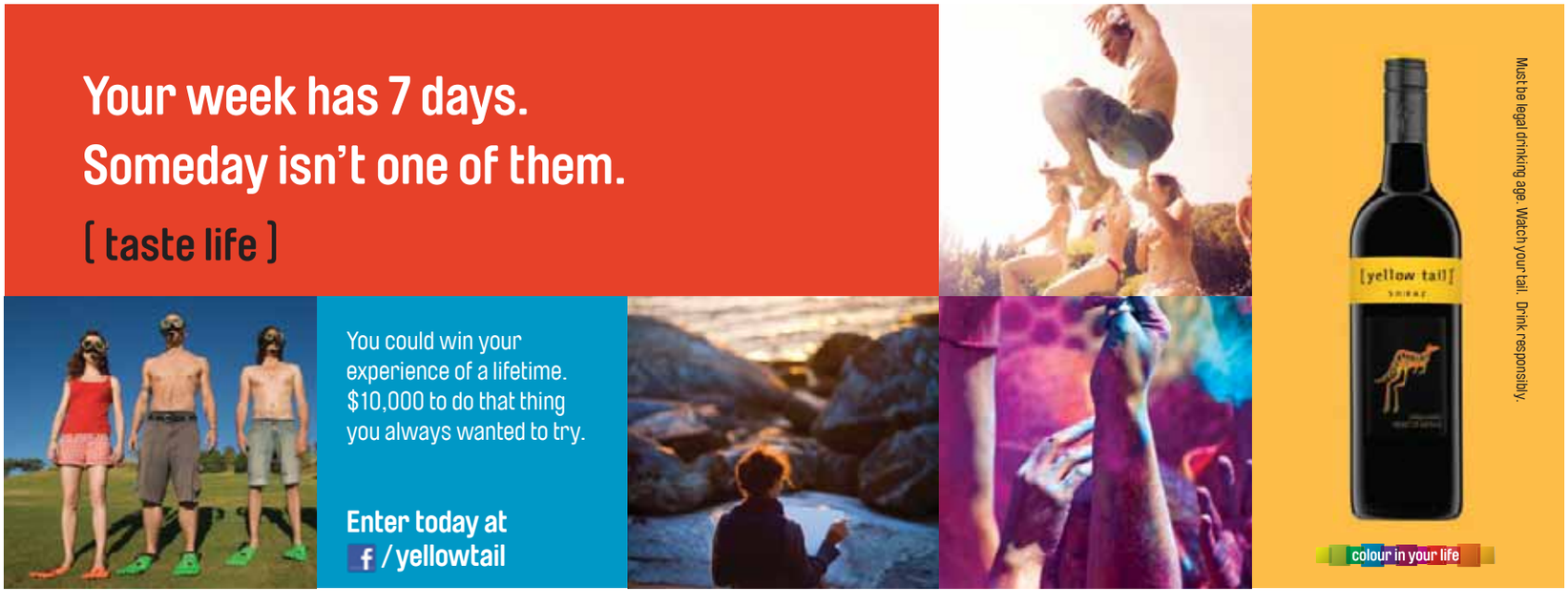
Justin Bieber's attempts to keep the goings-on at his house parties quiet aren't necessarily working, as a guest from his all-night bash last week leaked the confidentiality agreement the pop star reportedly makes guests sign to TMZ. And one of his regular guests, marijuana dispensary owner Milk Tyson, confirms to E! News that the document is legit. "It's very unfortunate that someone would do that," he says of the leak, adding that it "may have been one of the girls." Tyson didn't give details about the party, but he did confirm that Snoop Dogg was in attendance.

Meanwhile, there's yet another sour note in Bieber's controversy-filled Latin American tour. Mexico's president has denied a tweet in which the singer said he met with the president and his family prior to a show. WITH FILES FROM THE ASSOCIATED PRESS

Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as $13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."

Taylor Swift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5 Free things to do in Montreal

The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS

Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.

Montreal Museum of Fine Arts

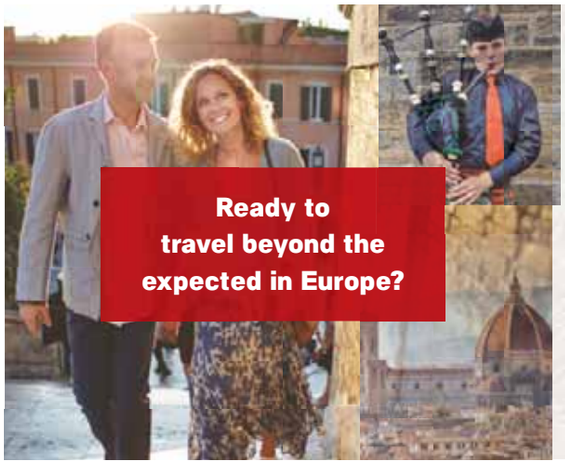
The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.

Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.



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ANDREW DOBSON
life@metronews.ca

Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

The Pines Lodge

Nestled among ancient aspen and pine groves on the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soaking tubs and fireplaces.

Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.

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Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec.14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

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Oh Paris, will you Marais me?

The coolest quarter. Neighbourhood boasts chic shops, bakeries and boutique hotels

MEREDITH ENGEL
Metro World News in New York

Besides the Eiffel Tower, the Louvre and other touristy (but essential) stops for Parisian visitors, the trendy Marais district is a must.

But the Marais, which translates to "marsh" in French, wasn't always this hip. Tour guide Skall (yes, that's his full name — he's French, OK?) tells Metro that the influx of the gay community in the 1980s restored the enclave's cool factor. The arrival of plenty an art dealer also helped, as the area today is famous for its contemporary galleries. Make sure you stop by these other establishments for a truly tres magnifique Marais experience.

Fromagerie Jouannault

No trip to Paris would be complete without a visit to a specialty cheese shop. Whether you like your curds from cows, sheep or goats, find it here (even if it didn't originate in France). Want to take some cheese back to the States? The staff will vacuum-seal your purchase so it's TSA-friendly.

Le Marche des Enfants Rouges

The city's oldest covered market is also the area's best kept secret: walk through an alleyway to enter this indoor market, where you'll likely bump into Parisians doing their grocery shopping. You can buy everything from local produce to international foods. The market is also a great place to stop for a bite, with cuisines ranging from Japanese to French to Moroccan represented. Fun fact: It's named for the red outfits children at a nearby orphanage used to wear long ago.

Violette & Leonie

Find vintage and modern-day womenswear, plus shoes and jewels, at this trendy consignment shop. Designer pieces from Dior, Hermes and Isabel Marant mingle with high street items.

Merci

Picture the Urban Outfitters of Paris and you've got Merci. Shop for quirky souvenirs — Eiffel Tower cookie cutter, anyone? — plus home furnishings (there's a plethora of kitchen items on the top level), clothes, bath products, stationery and much more. The store recently did a collaboration with NYC's Museum of the Modern Art, so you know the goods are stylin'. When you're done shopping, peruse the library of cookbooks and stop for a coffee.

Dalloyau

The history of this sweets shop is almost as rich as its chocolates. Charles Dalloyau was a baker who won the attention of Louis XIV during a tasting. The king hired Dalloyau, and he and his brothers worked for the royal court over four generations. The store is famous for its Opera cake: a thin layer cake soaked in coffee syrup and topped with coffee buttercream, chocolate ganache and a dark chocolate coating (serves six; about $60). Avoid the Laduree lines for a macaron from these guys instead.

Hotel du Petit Moulin

This quirky hotel used to house the oldest bakery in Paris (the exterior retains the original signage). Each room is designed in a different fashion by Christian Lacroix, and the eccentric nature of the building means that each room is shaped differently. If you can, book Room 104 — you'll walk down a flight of zebra-covered steps into your private dwelling. Rooms start at about $336 per night.

Pavillon de la Reine

It's easy to walk by this ivy-covered hotel — it's hidden in a private courtyard behind shops on the Place de Vosges. The hotel recently underwent an overhaul; ask for one of the renovated rooms, which are loft style and overlook the private courtyard. Come down for eggs, ham, cheese and those fabulous French pastries in the morning. Rooms start at about $518 per night.

Marais, meaning 'marsh', is a hub for art dealers and cafés. ISTOCK

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Winter getaways

How to choose your Hawaiian island

ON THE MOVE
Loren Christie
life@metronews.ca

Honolulu is located on the Hawaiian island of Oahu. ISTOCK

If the onset of winter has you searching for the sun, may I suggest Hawaii? Far more than Florida without Disney World, each of the state's six main islands has a distinct flavour that will give you a true taste of paradise.

Oahu is home to the capital of Honolulu, a city of first class restaurants, hopping nightclubs and the world famous Waikiki Beach. Second World War history buffs will appreciate touring the sites of Pearl Harbor, while those looking for a quieter spot should check out the local surf culture on the North Shore of the island.

Kauai is quiet and subdued in contrast to Oahu. The lush "Garden Isle" is an upscale island perfect for breathtaking hikes or lounging on the beach. If you can afford to splurge, a helicopter ride is the perfect way to take in the island's incredible waterfalls.

Maui is a blend of Oahu and Kauai, offering a wide variety of accommodation options, cultural activities (a luau is a must) and the most swimmable beaches in the state. The twisty and incredible scenic road to Hana is a must-do stomach turner. Local chefs, using the traditional Mom and Pop surf-side food shacks as their inspiration, are credited for leading the Hawaiian regional food movement.

The Big Island, best known for the active Mauna Kea volcano, is home to Hawaii Volcanoes National Park. The island has little in the way of sand beaches, but does offer an incredible topography of black lava rock and stunning ocean views. Sport fishermen and golf enthusiasts will enjoy the outdoor activities while those looking to relax with a good cuppa will enjoy the locally grown Kona coffee.

Molokai, with no traffic lights and minimal accommodation, is a step back in time. The island, partially surrounded by a 28-kilometre fringe reef, is a great base for whale watching. Motorized thrill crafts are banned between Dec. 15 and May 15 as the ocean according to one local, "turns into whale soup."

Lanai, a former pineapple plantation, is the smallest of the islands. Apart from two large Four Seasons resorts there is very little on the island. It is the ideal place to come relax and admire the natural beauty. Although visiting all the islands on one trip is too ambitious, Lanai makes a nice two or three day add on.

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Chicken Pot Stickers go from blah to yum with tasty filling

Chicken Pot Stickers
This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before serving.

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Sauce
- 1/2 cup Hoisin sauce, divided

Filling
- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion
- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

Drink of the Week

Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently.

Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes.

Strain coffee into six small mugs. Discard cinnamon and vanilla.

Top evenly with steamed milk and serve.

NEWS CANADA/ PUREVIA.CA

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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure. If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative impact on career prospects.

If you take the time to write accurate, concise and respectful emails you will be perceived in a better light and will likely receive more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

Compose

When writing emails it is always best to err on the side of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic. Better yet, if a topic is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

Format

Avoid the use of wallpaper or colourful fonts that are distracting and slow down the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to check the tone and content of the message from the reader's perspective and enables you to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelligent, professional and detail oriented.

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The cleaning of the comp

- **Keep your inbox tidy.** Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.** Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

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Canucks forward Jannik Hansen falls on top of Panthers goalie Tim Thomas at Rogers Arena on Tuesday night. JONATHAN HAYWARD/THE CANADIAN PRESS

Panthers scratch out shootout win

NHL. Huberdeau provides tiebreaker to hand Canucks their fifth straight loss

CAM TUCKER
cam.tucker@metronews.ca

A game for the ages, this was not.

Perhaps the best part of Tuesday's game between the Vancouver Canucks and the Florida Panthers was the back-and-forth barrage of Twitter trash talk between the Canucks' official account and that of, oddly enough, the Edmonton Oilers.

On Tuesday

3	2
Panthers	Canucks

Won't get into too much detail, but it began in the second period and was pretty much the most interesting part of the evening for a good 30 minutes or so.

Anyway, back to the actual on-ice events.

The Canucks, outworked on home ice, fell to the Panthers 3-2 in the shootout.

The Canucks initially grabbed the lead in the third period on a goal by Jannik Hansen, but couldn't hold on.

Hansen benefited from a Panthers giveaway in the slot and wired a wrist shot top corner over the glove of Tim Thomas to give the Canucks their first lead of the night early in the third period.

The Panthers, thanks to a goal less than six minutes later from Shawn Matthias, tied it at two goals apiece, eventually sending this one to overtime and the shootout.

Jonathan Huberdeau scored the winner in the shootout, beating Roberto Luongo with a slick move to the forehand.

CFL

Travis Lulay's options include shoulder surgery

Travis Lulay is used to making difficult split-second decisions on the football field.

What the B.C. Lions' star quarterback is currently faced with off the gridiron is a little more complex.

The choice before him deals with the health of his throwing shoulder, an all-too-important tool for a player in his position to carry out some of those snap decisions.

One of the options for Lulay, 30, to consider is off-season shoulder surgery — recently recommended to him by team surgeon Dr. Bob McCormack, according to Lions general manager Wally Buono.

Lulay, who in January signed a two-year contract extension worth a reported $900,000, suffered a subluxation to his throwing shoulder on Sept. 15, forcing him to the sidelines for the next six weeks.

He returned to play only in the second quarter of the Lions' regular-season finale and then started the West semifinal against the Saskatchewan Roughriders the following week.

"It's the player's decision still whether he wants to go forward with one or the other (option)," said Buono.

"Do we have a preference? Our preference is to do whatever Dr. McCormack believes will help Travis minimize any recurring injury."

CAM TUCKER/METRO

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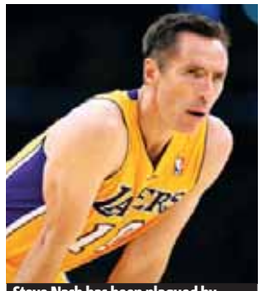
Rumblings of retirement surface around Laker Nash

NBA. Back injuries have some speculating that superstar Canadian is ready to call it a career



Steve Nash has been plagued by injuries over the last year. GETTY IMAGES

For as long as Steve Nash is out of the Los Angeles Lakers lineup with a bad back, speculation about his long-term future will abound, so it's probably not surprising that an unsubstantiated tweet has cast more doubt on the health of the 39-year-old.

With Nash taking a couple of weeks off to deal with incessant back pain, a former newspaper columnist, Peter Vescey, suggested Monday night that Nash is "seriously" considering retirement.

Nash, of course, has given no indication he's even contemplating that; he told CBS Sports columnist Ken Berger, "No, I'm not there yet. No" earlier this season. And when he left the Lakers after a game in Minnesota just over a week ago because of the pain, he said he just wanted to take time to see how the issue developed.

Nash, who has played in just six games this season, has this year and next left on a contract worth just about $19 million. However, the Lakers would only get cap relief for his salary next season if he retired and an independent NBA-appointed physician found he was forced to quit for medical reasons.

Nash is still dealing with the impact of a broken leg he suffered in the first week of the 2012-13 season. It has set off a chain reaction of nerve and pain issues with his back and upper legs.

"I hesitate to even talk about it now because it's probably not a good time. I'm feeling a little emotional, but it's hard," he said in Minnesota. "I really want to play and I really want to play the way I'm accustomed to playing, and to be so limited is frustrating."

TORSTAR NEWS SERVICE

NHL. Avalanche roll over Blackhawks

The Avalanche's Brad Malone checks the Blackhawks' Andrew Shaw from behind on Tuesday in Denver, Colo. GETTY IMAGES

Semyon Varlamov stopped 36 shots, Paul Stastny had a goal and an assist, and the Colorado Avalanche beat the Chicago Blackhawks 5-1 on Tuesday night.

Gabriel Landeskog and John Mitchell also scored during Colorado's three-goal first period. P.A. Parenteau and Cody McLeod added goals in the second and third for Colorado, which snapped a three-game skid.

Brandon Saad scored for the Blackhawks, who failed to get at least two goals for the first time this season. Colorado ended Chicago's NHL-record streak of 24 consecutive games with at least a point to start a season in a 6-2 win last March.

Antti Raanta made 14 saves in his NHL debut for the Stanley Cup champion Blackhawks. He played the final 46:23 in relief of Corey Crawford, who allowed three goals on seven shots.

The Blackhawks had their opportunities in outshooting Colorado 37-23.

THE ASSOCIATED PRESS

Kobe Bryant

"Felt like it was '97 again and I was getting my first start as a pro."

Kobe Bryant, who participated in his second full workout with the Lakers on Tuesday. He still isn't sure when he'll be back in uniform as he recovers from a torn Achilles tendon.

MLS

Orlando City joins MLS family

Orlando City Soccer has become Major League Soccer's next expansion franchise.

The team will begin playing in the MLS in 2015.

Orlando City becomes MLS's 21st franchise. New York is also getting a team in 2015. THE ASSOCIATED PRESS

NCAA basketball

Jayhawks swoop in on Gaels

Perry Ellis scored 21 points, freshman Joel Embiid had 16 points and 13 rebounds in a breakout performance, and No. 2 Kansas used a big late run to bury Iona 86-66 on Tuesday night.

Andrew Wiggins added 13 points for the Jayhawks (3-0). THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	20	14	6	0	64	50	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	21	8	9	4	60	67	20
Florida	21	5	12	4	46	70	14
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	20	7	10	3	52	57	17

Tuesday's results
St. Louis 4 Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0
Boston 2 NY Rangers 1
Montreal 6 Minnesota 2
Colorado 5 Chicago 1
Columbus at Edmonton
Florida at Vancouver
Tampa Bay at Los Angeles

Monday's results
Boston 4 Carolina 1
Pittsburgh 3 Anaheim 1
Calgary 5 Winnipeg 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Minnesota	22	13	5	4	57	50	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Wednesday's games — All Times Eastern
Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.

Thursday's games
St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101ST GREY CUP

Sunday's game — All Times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION

Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result
Saskatchewan 35 Calgary 13

NBA

EASTERN CONFERENCE

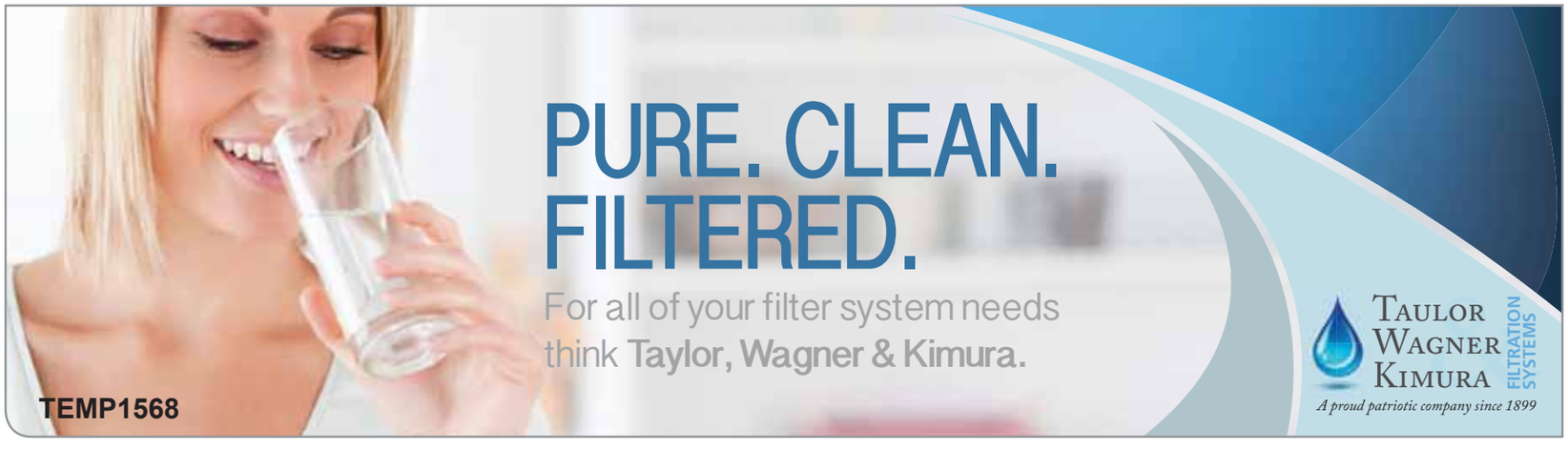
	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1½
Chicago	6	3	.667	2½
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3½
Charlotte	5	6	.455	4½
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5½
Cleveland	4	7	.364	5½
Boston	4	8	.333	6
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1½
Oklahoma City	7	3	.700	2
Houston	8	4	.667	2
L.A. Clippers	7	4	.636	2½
Dallas	7	4	.636	2½
Minnesota	7	5	.583	3
Phoenix	5	4	.556	3½
Memphis	6	5	.545	3½
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6½
Utah	1	11	.083	9

Tuesday's results
Washington 104 Minnesota 100
Detroit 92 New York 86
Miami 104 Atlanta 88
Houston 109 Boston 85
Phoenix at Sacramento

Wednesday's games — All Times Eastern
Indiana at New York, 7 p.m.
Washington at Cleveland, 7 p.m.
Brooklyn at Charlotte, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Miami at Orlando, 7 p.m.
Detroit at Atlanta, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Utah at New Orleans, 8 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Boston at San Antonio, 8:30 p.m.
Sacramento at Phoenix, 9 p.m.
Houston at Dallas, 9:30 p.m.
Memphis at Golden State, 10:30 p.m.



DRIVE

2014 Honda Accord Hybrid

Review. Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ
Drive@metronews.ca

Nothing like a butt kicking to get you motivated. The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio—Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Accord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for $29,590, the $35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

Compare

1. Ford Fusion Hybrid base price: $17,000
2. Hyundai Sonata Hybrid base price: $17,700
3. Toyota Camry Hybrid base price: $17,700

ABOVE PHOTO CONTRIBUTED

Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

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Beautiful oxymoron that is the big Mini

Latest model. From tiny, ground-breaking beginnings the lovable small car has grown over time but it still has people transfixed

AUTO PILOT
Mike Goetz
drive@metronews.ca

The new school has the character and all-round performance too.

The new-generation Mini just introduced this week at its production facility in Oxford, England, is the biggest Mini ever.

Yes, this is the era of the big Mini, and yes, it sounds oxymoron-ish, but what are you going to do? People like the Mini, they just don't want them actually "mini" anymore.

The design challenge for the original Mini was to make the smallest possible car that would still accommodate four adults and luggage. Designer Alex Issigonis struck upon the idea of using very small 10-inch wheels, all independent suspension, a transverse mounted engine driving the front wheels, and a gearbox and final drive built into the sump of the engine. So compact; so clever!

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

Over 5.2 million examples and variants, under various company names and nameplates, were eventually built and bought. When the last century came to an end, the Ford Model T was named "car of the century," but Mini was not far off the Model T's rear bumper, and was named second most important car of the last 100 years. The template of a transverse-mounted engine and front-wheel drive is still the most predominant way to build a passenger car.

Mini's modern re-boot began in 2001, when the first Mini built under BMW ownership and stewardship hit the market. And you have to admire the way BMW has guided the icon forward.

The Mini unveiled this week is the "third" Mini by BMW and it closely follows the formula of the previous redesign: Modernize and make it slightly bigger, but not so much anyone would notice by looking at in isolation. Leave the styling and iconic shape pretty much alone, because, well, everyone is good with it, and there's a chance you could screw things up.

This new Mini, on sale first in Europe and by spring here, is the first vehicle utilizing BMW's new front-wheel drive platform (called UKL), which is also destined for the next BMW 1 Series. The biggest difference over the previous platform is the increased wheelbase (now 2,495 mm) and lighter weight through more use of high-strength steel.

The old school was very popular for its practicality and character. BOTH IMAGES BMW

Those two items alone should make Mini a better performer, but BMW promises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.

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Horoscopes

♈ Aries
March 21 - April 20
Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

♉ Taurus
April 21 - May 21
Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

♊ Gemini
May 22 - June 21
However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

♋ Cancer
June 22 - July 23
There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

♌ Leo
July 24 - Aug. 23
You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

♍ Virgo
Aug. 24 - Sept. 23
You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

♏ Scorpio
Oct. 24 - Nov. 22
A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

♑ Capricorn
Dec. 22 - Jan. 20
You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

♒ Aquarius
Jan. 21 - Feb. 19
You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

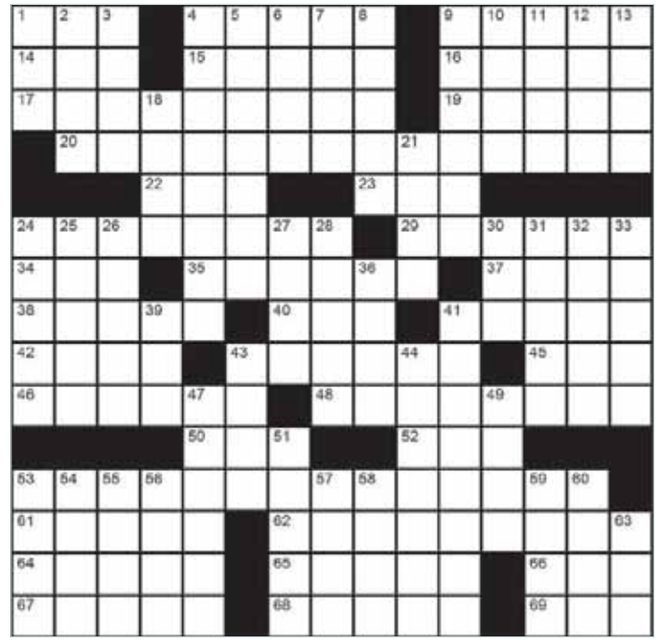
♓ Pisces
Feb. 20 - March 20
Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

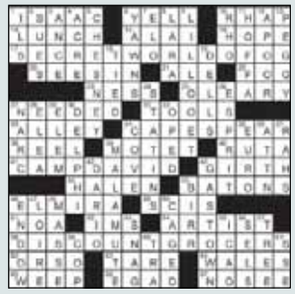
BY KELLY ANN BUCHANAN



Across
1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-__
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great __ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, __.de.ap
41. "Kung Fu __" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.
48. Biblical 12
50. The Who's "Love, Reign __ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom
67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

Down
1. H, in ancient Greece
2. Ho Chi __ City
3. Forearm bone
4. People line up for shots to avoid it: 2 wds.
5. "Wichita __": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. $inger of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK stands for, Laser in __ Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. __ history
21. Cardinal point
24. Janet __, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec near Montreal
27. Sports org. founded in 1906
28. 10th Greek letter
30. Ms. Lupino
31. Group on a Sunday talk show
32. Canadian impressionist, __-Philippe Gagnon
33. Beloveds
36. High-fiving sound
39. Antacid brand
41. Interests
43. Greeting card's inner message
44. Viral videos venue
47. Music style
49. Domesticated
51. "M*A*S*H" role
53. Russian river
54. Country singer's 2001 to 2007 sitcom
55. Wild guess
56. 'Grad' add-on (Degree getter)
57. Travelled by horse
58. Legendary star
59. Reverse
60. Discontinue
63. Place

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			6		9			7
	9		2		4		6	
		1				4		
		4	1		5	6		
1								9
		2	9		8	3		
		9				5		
	8		7		2		3	
7			8		1			6

Yesterday's Sudoku

1	2	6	4	3	9	7	5	8
5	4	9	6	7	8	1	3	2
3	8	7	5	2	1	4	9	6
2	7	5	9	4	3	8	6	1
8	1	3	7	6	5	2	4	9
9	6	4	1	8	2	3	7	5
6	3	1	2	9	7	5	8	4
4	5	8	3	1	6	9	2	7
7	9	2	8	5	4	6	1	3

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Thursday
5°/1°
Sunny

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